



# Otago Farmers Market

Every Saturday morning at the Dunedin Railway Station

[www.otagofarmersmarket.org.nz](http://www.otagofarmersmarket.org.nz)

## KALE AND WHITE BEAN SOUP

SERVES 4-6

### Ingredients

250g dried cannellini, haricot or 2 tin white beans, drained  
4 Tbsp olive oil  
2 carrots, peeled and diced  
2-4 cloves garlic, sliced thinly  
Pinch dried chilli flakes  
Handful fresh parsley, roughly chopped  
1 sprig (2 tsp ) fresh rosemary leaves, finely chopped  
1 bunch (6 stalks) kale, remove stalks and sliced roughly  
Extra virgin olive oil and a little freshly grated parmesan cheese to serve.

1 onion, diced  
2 sticks of celery, diced  
1 Tbsp tomato paste  
Salt and freshly ground pepper  
2 litres stock or water

### Method

If using dried beans, rinse well and soak overnight or for at least eight hours covered in cold water.

Drain and rinse under cold running water. Place the beans in a suitable size pot and cover generously with water, add stalks of parsley and rosemary and 1-2 cloves garlic. Cook over a moderate heat until tender (approx. 40 minutes to 1 hour) remember to add no salt until last 10 minutes of cooking. Set aside.

In a medium to large pot add the oil, onion, carrot, celery and garlic and sweat off (to cook without colour) for at least 10 minutes. Add the tomato paste, herbs and kale, cook for a further 5 minutes. Add the cooked beans along with about 1 cup of the cooking liquid. If using tinned beans rinse them well and add to soup. Add enough stock or water to just cover ingredients, add a pinch of chilli and season well. Simmer gently until all the ingredients start to come together in taste and the kale has wilted and the beans are on the verge of going a little mushy (about 30 minutes).

Taste and adjust seasoning. I like to use a potato masher and once or twice mash the beans and vegetables lightly together to slightly thicken the soup.

Serve drizzled with extra virgin olive oil and a grate or two of cheese.

## Thank you to the following producers for their fantastic produce

**BRYDONE ORGANICS** - cauliflower

**SUNRISE BAKERY** - freshly baked goods

**JUDGE ROCK WINES** - wine

**ETTRICK GARDENS** - kale and frozen boysenberries

**WAIRUNA ORGANICS** - Jerusalem artichokes

**KOAU FLOWERS** - living sprouts and lamb wraps

## SIMPLY COOKED CAULIFLOWER Serves 2-3 as a side.

### Ingredients

2 - 3 heads of small cauliflower (or 1/2 head large)  
2 Tbsp of olive oil  
a couple pinches of sea salt  
1 clove garlic, minced  
1 small bunch of chives, chopped and or 1 handful fresh parsley leaves, chopped  
zest of one lemon  
freshly grated Parmesan  
a bit of flaky sea salt

### Method

To prep the cauliflower, remove any leaves at the base and trim the stem. Now cut it into tiny trees - and by tiny, I mean most florets aren't much larger than a table grape. Make sure the pieces are relatively equal in size, so they cook in the same amount of time. Rinse under running water, and set aside. Heat the olive oil and fine grain salt in a large skillet over medium-high heat. When hot, add the cauliflower and stir until the florets are coated. Wait until it gets a bit brown on the bottom, then toss the cauliflower with a spatula. Brown a bit more and continue to sauté until the pieces are deeply golden - all told about six minutes. In the last 30 seconds stir in the garlic. Remove from heat and stir in the chives, lemon zest, and dust with a bit of freshly grated Parmesan cheese and a pinch of flaky sea salt (if you have it on hand). Serve immediately.

**Classic Hits** proud supporters of the  
Otago Farmers Market Kitchen.



Recipes for Saturday 1st September 2012

## JERUSALEM ARTICHOKE LASAGNE

This recipe is created with a little assistance from Shaun from Wairuna Organics who swears by this method for his delicious artichokes. Serves 4

### Ingredients

1kg Jerusalem artichokes, washed well  
1-2 cloves garlic  
2 sprigs of fresh thyme, use only the leaves  
300ml cream  
50g freshly grated parmesan cheese  
400g fresh lasagne sheets  
salt and freshly cracked pepper

### Method

Preheat oven to 190C

Roughly chop the Jerusalem artichokes and put into a food processor along with the garlic, thyme leaves, and cream. Blitz the mixture until the Jerusalem artichokes are coarsely chopped. Season the mixture with salt and freshly cracked pepper and a handful of grated parmesan cheese.

Drizzle a little sauce over the bottom of your oven dish, place lasagne sheets evenly over the sauce to cover. Spoon over artichoke cream mixture to generously cover pasta and repeat until all the sauce and pasta is used, always finish with a layer of sauce and sprinkle over parmesan cheese and a few cracks of pepper.

Bake for 35-45 minutes or until the pasta is tender and the sauce is bubbling and golden.

*The Market Kitchen is powered by Nova LPG,  
100% New Zealand owned and operated gas,  
<http://www.novaenergy.co.nz/>*

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## BOYSENBERRY AND APPLE COBBLER

Serves 8.

### Ingredients

#### Berry Mixture:

4 medium size apples  
1 1/2 Tbsp cornflour  
1/3 cup sugar  
4 cups boysenberries  
1/8 cup water  
1 Tbsp butter  
1 Tbsp lemon juice

#### Batter topping:

1 1/2 cup flour  
1/2 cup sugar  
2 tsp baking powder  
1/4 tsp salt  
50g butter  
3 Tbsp of milk

### Method

Preheat oven to 190C

In a saucepan add the peeled, cored, and roughly apples to a touch of water and cook over a medium heat until tender. Mix cornflour, sugar, and water and add along with the boysenberries and cook on medium to medium high heat until mixture is thickened, about 15 minutes. Add butter and lemon juice. Pour into a 16cm baking dish.

Prepare the batter by rubbing the butter into the flour, baking powder, sugar and salt mixture, until you get coarse breadcrumb texture. Add the milk and mix together quickly (i use a bread and butter knife) until the mixture just comes together. Bring the mixture together with your hands and pluck off even sized portions of dough and drop over the berry mixture.

Bake 25-30 minutes at 190C.

Let cool. Serve with whipped cream or ice cream.



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